

Basic Needs Supports: Physical Health

** Please note: all of these services have been checked to ensure that they are still providing support during these challenging times. As things develop, they may reduce or adjust services.

** If you are looking for a service that is not outlined below, please call 211 or visit <https://www.ab.211.ca/>

COVID-19 Information

- Information about symptoms to watch for, how to keep yourself safe, and what to do if you think that you may have contracted the virus, check out:
 - <https://www.albertahealthservices.ca/topics/Page16997.aspx>

Non- COVID related health concerns/ non-emergent

- Family Doctors are still available to the patients. Visits are now being held over the phone. Call your family doctor to set up an appointment.
- Don't have a family doctor? Use the Find a physician tool online: <https://albertafindadoctor.ca/pcn>

Health Link 811

- Calling 811 gives you access to a nurse practitioner who can assess your health issues and determine if you should be checked out by a doctor.
- Note: due to COVID- calling 811 can result on a very long wait time. If you have severe symptoms, skip this option and head to an urgent care centre.

Sheldon Chumir Health Centre

- This facility provides 24/7 care for people with injuries or illnesses that are not life threatening.
- 1213 4 Street SW, Calgary, Alberta
- 403-955-6200

Babylon by Telus Health

- Babylon by TELUS Health is a free healthcare mobile app that allows you to check symptoms, consult with doctors* and access your health records.
- <https://www.telus.com/en/ab/health/personal/babylon>

